



Banana Oat Muffins

Prep time: 10 minutes | **Cooking time:** 20 minutes | **Number of servings:** 12

Vegetable oil cooking spray
 ¾ cup all-purpose flour
 ¾ cup quick-cooking oats
 1 teaspoon baking powder
 1 teaspoon ground cinnamon
 ½ teaspoon baking soda
 ¼ teaspoon ground nutmeg
 2 eggs
 2 ripe medium bananas, mashed
 ½ cup brown sugar
 ¼ cup fat-free milk
 ¼ cup canola oil

Directions

1. Preheat the oven to 400° F. Coat muffin cups with cooking spray.
2. In a large bowl, combine the flour, oats, baking powder, cinnamon, baking soda, and nutmeg.
3. In a small bowl, beat eggs, bananas, brown sugar, milk, and oil. Add to bowl of dry ingredients and stir just until moistened.
4. Fill each muffin cup ⅔ full with batter. Bake for 15 to 20 minutes or until toothpick inserted in middle comes out clean. Cool in pan for 5 minutes; remove to a wire rack.



Nutrition Facts (Serving size 1 muffin): Calories-160; Protein-3g; Carbohydrate-23g; Total Fat-6g; Saturated Fat-0.5g; Cholesterol-30mg; Fiber-1g; Sodium-105mg; Vitamin C-2%; Vitamin A-2%; Iron-4%; Calcium-4%

Adapted from Washington State University Extension Food Sense

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Cook Together! Making Banana Oat Muffins with Kids

Kids love to cook. Inviting them to help prepare food provides a great setting for talking and bonding with kids. Ask them to help make a recipe. This will help them build life skills and take a special interest in eating what they help make!

- Easy Tasks:**
- Gather ingredients and equipment.
 - Stir dry ingredients.
 - Peel bananas.

- Intermediate Tasks:**
- Measure ingredients.
 - Crack eggs.
 - Mash bananas.
 - Pour fluid ingredients.

- Difficult Tasks:**
- Turn oven on and off; set temperature.
 - Set timer.
 - Fill muffin cups $\frac{1}{2}$ full.
 - Remove muffins from the oven.

Food Sense Tips

- Oatmeal is a whole grain and a good source of dietary fiber. Buy the store brand oatmeal to save money.
- Over ripe fruit can be frozen and added to baked goods later.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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WASHINGTON STATE UNIVERSITY
EXTENSION
 Food Sense

Nutrition Education for Audiences with Limited Resources



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